

aluminum bromide, calcium aluminum hydride, aluminum chloride, sulfur trioxide (alpha form), zeolites (e.g., Carbsorb® 500 Series natural zeolite based on the mineral chabazite), mixtures thereof and other solid components of solid-liquid exothermic systems known in the art and combinations thereof. An endothermic solid-liquid cooling system can include solid components such as sodium sulfate\*10H<sub>2</sub>O, sodium bicarbonate, potassium perchlorate, potassium sulfate, potassium chloride, potassium chromate, urea, vanillin, calcium nitrate, ammonium nitrate, ammonium dichromate, ammonium chloride and other solid components of endothermic systems known in the art. These solid components may be in an anhydrous form and may be used such as in a powder, granular or prilled condition. These compounds are generally hygroscopic and dissolve in or react with a liquid component, such as water, and give off or absorb heat.--

**In the Claims:**

**Please amend Claims 1, 8, 10, 11, 12, 13, 14, and 15 as follows:**

1. (Amended) A disposable, semi-enclosed applicator for distributing a substance onto a target surface comprising a first side, a second side, and an internal cavity between said first and second sides, said applicator further having at least one opening such that said internal cavity is externally accessible, wherein:

- a. said first side comprises a porous sheet containing at least 50%, by weight, non-absorbent material;
- b. said second side comprises an absorbent sheet containing at least 50%, by weight, of cellulosic material; and
- c. wherein said applicator further comprises a substantially fluid-impervious barrier layer within said internal cavity adjacent said first side.

8. (Amended) The applicator of Claim 1, further comprising a friction-enhancing element located at least partially within said internal cavity during use.

10. (Amended) A disposable, semi-enclosed applicator for distributing a substance onto a target surface comprising a first side, a second side, and an internal cavity between said first and second sides, said applicator further having at least one opening such that said internal cavity is externally accessible, wherein:

- a. said first side comprises a porous non-absorbent sheet having a basis weight of no greater than about 100 gsm;
- b. said second side comprises an absorbent sheet having a basis weight of no greater than about 140 gsm; and

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c. said applicator further comprises a substantially fluid-impervious barrier layer within said internal cavity adjacent said first side;  
said applicator having a Ratio of Absorbency of said second side to said first side of at least about 1.5.

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11. (Amended) The applicator of Claim 10, wherein the Ratio of Absorbency of said second side to said first side is at least about 2.

12. (Amended) The applicator of Claim 11, wherein the Ratio of Absorbency of said second side to said first side is at least about 4.

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13. (Amended) The applicator of Claim 10, wherein said first side has a basis weight of no greater than about 75 gsm, and said second side has a basis weight of no greater than about 120 gsm.

14. (Amended) The applicator of Claim 10, wherein said first side has a basis weight of no greater than about 55 gsm.

15. (Amended) The applicator of Claim 14, wherein the ratio of Absorbency of said second side to said first side is at least about 4.

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